

## Group Sessions

Sessions are updated frequently. Most groups are hybrid, and individuals are encouraged to create and lead their own electives. Individual appointments with advisors are also available from 8 a.m. to 4 p.m. daily.

Past group offerings have included:

- Intensive Relapse Prevention
- Obsessive Thoughts & Feelings
- Strategies to Foster Confidence
- Better Boundaries
- Employment Groups
- Eating for Health
- DBT/Dialectical Behavioral Therapy
- Get Out of Your Way
- Advocacy in Action
- Overcoming Fear
- The Happiness Advantage
- Dealing with Depression
- Assertiveness Workbook
- Anxiety & Phobia
- Radical Self-Love
- PTSD Workbook
- Discover Your Power
- Visual Journaling for Wellness
- Emotion Regulation
- Panic Attacks
- Trigger Warning - Heal, Don't React
- Poetic Medicine
- Tobacco & Nicotine Intervention
- Managing Unhealthy Family Relationships

“I just learned that  
nobody’s perfect.  
And, every time I  
look down on  
myself, somebody  
else is looking  
up at me”  
- Patricia



## Ventures PROS Personalized Recovery Oriented Services

A personalized recovery program designed to help you overcome mental health challenges, live well, and balance life roles.



975 Elmwood Avenue  
Rochester, NY 14620

Phone - 585.256.3430

Fax - 585.286.9226



Scan for the  
referral form



[rochesterrehab.org](http://rochesterrehab.org)  
[abilitypartners.us](http://abilitypartners.us)



@RochesterRehabilitation



@Rochester Rehabilitation Center



# YOU CAN FIND HOPE HERE.

All individuals will need to fill out a referral form for services.

The referral form includes:

- Insurance Information
- Current Service Providers
- Personal Goal Information
- Psychiatric Diagnosis
- Drug and Alcohol Screening
- Required Services

\*\*The form must be signed by a licensed practitioner and the referring agency/individual.

\*\*Insurance accepted: medicaid & managed care.

*Please mail/fax the information to:*

Ventures PROS Intake Coordinator  
Rochester Rehabilitation - Ventures PROS  
975 Elmwood Ave | Rochester, NY 14620  
Phone 585.256.3430 x1132 | Fax 585.286.9226

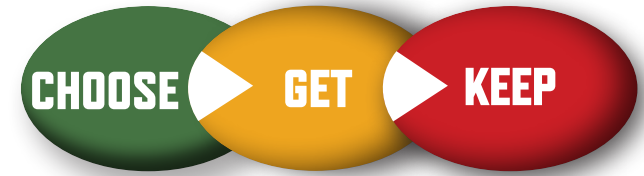


Scan for the referral form:



*“The thing I had to figure out was who I was again, and improve those skills of being me...and PROS keeps it going. It enhances all of the skills that I am slowly getting to learn.”*

**- ANJANETTE**



## Taking the steps towards hope and recovery.

Recovery is a personal and unique process of change. Taking these first steps can be difficult. We know how important it is for you to be in a safe, supportive and compassionate environment. We believe that every person has gifts, talents, and interests. Our goal is to help you reach yours with services and supports designed for you.

### CHOOSE YOUR GOALS

- Recognize barriers that keep you from getting what you want
- Develop a strengths profile
- Discover your goals

### GET TO YOUR GOALS

- Create your IRP
- Develop skills or behaviors you need to achieve your goals
- Identify supportive community services and/or resources for your participation
- Learn new ways to reach your goals

### KEEP YOUR GOALS

- Create strategies to help remove barriers to your recovery
- Find opportunities to strengthen your skills and abilities
- Receive coaching to help achieve your goals
- Uncover ways to help you adapt to new situations

## At Ventures PROS, hope starts with you.

Working with you, our team of professionals will help you create an Individual Recovery Plan (IRP). An IRP is a road map that helps you move towards getting what you want from life.

**Below are examples of goals clients have shared with us.**

### WORK

- Develop a resume
- Practice interviews
- Complete a job application
- Overcome job challenges
- Get & maintain a job

### LIVING

- Manage finances
- Get organized
- Live independently
- Lose weight

### SOCIAL

- Create friendships
- Help others
- Reduce anxiety
- Repair relationships with family
- Travel

### LEARNING

- Earn GED
- Apply to college or trade schools
- Pursue educational opportunities
- Learn to drive with DriveOn